



WORKING WELLNESS

Good Health is Good Business

FEBRUARY
2014

WELLNESS TIPS From FLORIDA BLUE

is...

BE
MINE

AMD/Low
Vision
Awareness
Month

KISS
ME

National
Children's
Dental Health
Month

BE MY
VALENTINE!

Heart
Month

Congenital
Heart Defect
Awareness
Week

TRUE
LOVE

National
Donor Day

HUGS!

With



Eat Healthy and Exercise

"Slow and steady wins the race, going at a turtle's pace." Aim for a weight loss of one-half to two pounds a week.

Ten action steps to control your weight:

1. Make physical activity a fun part of your life! Take a fitness or dance class with family or friends. Join a team sport.
2. Use your smartphone for health's sake! Download free apps to help you set up and keep track of your weight, physical activity, and food intake.
3. Walk with a friend. Wear a pedometer to track your steps.
4. Build muscle with strengthening exercises. Muscle burns more calories than fat.
5. Work extra activity into your day. Take the stairs. Walk to another floor to use the bathroom. Do chair exercises at your desk.
6. Drink water and unsweetened drinks instead of sugary drinks, such as soda sweet tea. Giving up two 12-ounce sodas a day can help you lose 30 pounds in a year!
7. Shop for foods after you have eaten. Start in the produce section. Then shop the outer aisles for fresh meats and dairy foods. Avoid aisles with processed foods, cakes, cookies, and munchies high in fat and salt.
8. Make fruit your everyday dessert.
9. Get seven to eight hours of sleep a night to help regulate hormones that control hunger and help you feel full.
10. To deal with emotions, walk or do another physical activity instead of eating.

Give Kids A
Smile Day

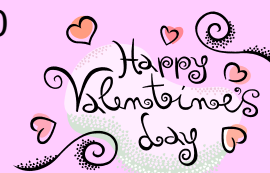
Register @ FloridaBlue: www.bcbsfl.com

GYM DISCOUNT in MARATHON

Keys Fitness Center gives a government discount of only \$49 a month ! (reg. price \$60)

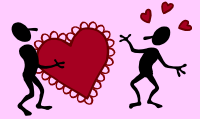
To contact them call 305-289-0788 and ask for Vito or stop by @
5101 Overseas Hwy. Marathon, FL 33050

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>



SPOTLIGHT OF THE MONTH: SOUTHERNMOST RUNNERS CLUB

TRYING TO KEEP YOUR NEW YEARS RESOLUTIONS?



Go to the Southernmost Runners Club website to sign up for 5ks on the weekends. You will help support a special cause and help support yourself to get into shape:

- February 15- Christine's Courage 5k Run/Walk
- February 15- The Heartbreaker Trojan Race Series, 5k Obstacle Race Click here to sign up: www.TrojanRaceSeries.com
- February 22- Pirate Wellness's Blimp Road 4 Miler
- March 1- Marathon Sombrero Beach Run 5k/10k Fun Run/Walk
- March 8- 6th Annual Menendez Miler 5k
- March 29- Smokin Tuna 5k Run/Walk for Mote Marine

****Don't forget Resolution 369-2011 allows you to get reimbursed up to \$100 for races done in the FL Keys! Remember you will need proof of registration, payment and completion.**

Check it out today!

<http://www.southernmostrunners.com/calendar.htm>

SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.

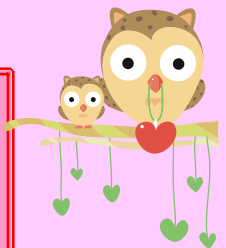


FEBRUARY 5 @ 3pm- Sticks & Stones: Bully-Proofing Your Child

FEBRUARY 11 @ 3pm- All Work & No Play: Avoiding Burnout

FEBRUARY 20 @ 3pm- Being Your Best Self: Self Esteem For Adults

FEBRUARY 26 @ 3pm- Positive Thinking Packs A Punch



Available 24/7 @ **1-800-272-7252**

Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC



Training Seminar: “Effective Communication at Work”

Proven strategies for improving
communication in the work environment

AND

EAP Orientation for Leaders:

Scheduled immediately *before* the seminar, an orientation to the Employee Assistance Program for managers/directors/supervisors will be presented.

The training will address aspects specific to management issues in the work environment.

EAP Orientation for Employees:

Scheduled immediately *following* the seminar, an orientation to the Employee Assistance Program will be presented.

The orientation training will provide information relative to the services that are available in the EAP and how they can benefit the work environment.

In Key Largo:

the seminars will be held on

Monday, March 3, 2014

at the Murray Nelson Center, 102050 Overseas Highway, Key Largo

*The **managers/directors/supervisors** EAP orientation session be held at 1:30 pm

*The “Effective Communication at Work” seminar will be held at 2:00 pm

*The **Employee EAP** orientation will be held at 3:00 pm

In Key West :

the seminars will be held on

Monday, March 10, 2014

at the Harvey Government Center, 1200 Truman Avenue, Key West

*The **managers/directors/supervisors** EAP orientation session be held at 1:30 pm

*The “Effective Communication at Work” seminar will be held at 2:00 pm

*The **Employee EAP** orientation will be held at 3:00 pm

In Marathon :

the seminars will be held on Monday, March 17, 2014

at the Marathon Government Center, 5170 Overseas highway, Marathon

*The **managers/directors/supervisors** EAP orientation session will be held at 1:30 pm

*The “Effective Communication at Work” seminar will be held at 2:00 pm

*The **Employee EAP** orientation will be held at 3:00 pm

COMP CORNER

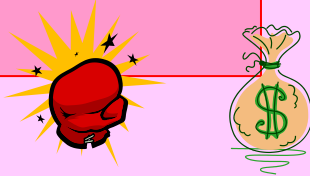
Providing you with continuous general information on your Workers' Compensation benefits.

FRAUD HURTS EVERYONE

Workers compensation insurance covers medical expenses and lost wages if you are injured on the job or become ill because of conditions at your workplace.

Employees who fake on-the-job injuries, don't report second incomes or delay their return to work are committing claimant fraud.

FIGHT BACK!



Be honest. It's a felony to make false, fraudulent or misleading statements in order to obtain or deny benefits.

If you see abuse, report it – everyone pays for workers' comp fraud with higher premiums and reduced benefits.

CALL the DFS Fraud Hotline @ **1-800-378-0445** if you suspect fraud. You may be eligible for a reward of up to **\$25,000!**

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

Monroe County's Accident and Injury Summary for 2013

The Safety Office tracks injury and accident data throughout the year in an attempt to identify existing trends and individual work processes that present a danger to employees and the public.

The Safety Office would like to congratulate all County employees for achieving the lowest injury rate in recent history for calendar year 2013.

Overall, the County has achieved a 16% reduction in injuries as compared to 2012 – all thanks to our employees that take their time, think tasks through in terms of Safety requirements and report Near Miss and Hazardous conditions before someone gets hurt.

So, let's take a quick look at what types of injuries occurred and where:

Injuries by Type and Frequency: (Top 5)

1. Sprain and Strain 30%
2. Slip/Trip 22%
3. Laceration 10%
4. Other 8%
5. Debris in Eye 7%

Injuries by Division: (Top 5)

1. Sheriff 50%
2. Public Works 21%
3. Fire Rescue 12%
4. Social Services 6%
5. Growth Management 5%

****Driving Incidents involving County employees totaled 14 – with 6 involving Backing Up.***

****Property damage reports totaled about 37 ranging from reports of vandalism and theft to facility repair issues.***



Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.